Dychtwald, Ken and Daniel L. Kadlec. *The Power Years: A User's Guide to the Rest of Your Life*. Hoboken: John Wiley & Sons, 2005.

Book Review by Judy Lang of First Baptist Church, Vancouver

In an earlier book, *Age Wave,* Dychtwald warned of societal meltdown under the weight of aging Boomers claiming Social Security and health care benefits. In this book, Dychtwald and Kadlec focus instead on personal fulfillment in midlife and beyond. They speak of career liberation, deeper relationships, and financial freedom. But they also ask, "What will be your mission and your legacy? Will you make a mark or fade into a meaningless 'Gerassic Park' of unending play and self-absorption?" They champion volunteering and provide many examples and resources to connect midlife adults with service opportunities. In contrast to Marc Freedman's books, however, Dychtwald and Kadlec focus most on encouraging individuals to seek their own fulfillment, even if that comes through serving others.